

# Vitality Create

*Vitality*

**Create individually designed medical wellness program based on your current health status to heal, maintain or prevent**

A serious participation in Vitality Group treatments would ideally require a minimum stay of 2-3 weeks to achieve an effective positive change in people's biological rhythm. The golden rule is: The longer you design your stay, the more successful and sustainable our treatments will be.

As many people for various reasons can't find enough time or simply don't know yet which program would be most suitable for them, we developed this module of an "intensive" 7 day stay with us and benefit from a tailor made program for your very individual needs.

**You will be in contact with us and a doctor to exchange essential medical information BEFORE you even start your medical wellness holiday!**

Included services are the transfer airport – hotel – airport, 6 nights stay at the hotel

A full diet of Mediterranean cuisine is included, 6x breakfast and 6x dinner.

Daily use of the SPA and fitness areas, the indoor and outdoor pool and the adjoining open spaces. You have VIP access to most of the facilities and activities within the whole resort, like the adventure water park and the Beach Club.

Within the creation of your individual treatment plan will be included: medical pre-assessment, medical consulting, selection of different massages and wellness-/beauty treatments, adapted diet plan and medical debriefing at the end of your stay.

You can take part in additional courses e.g. Yoga group sessions, sonic frequency meditation (the magic of steel drums), Reikki healing, Zumba, body toning, Latin dance, more dance lessons, air rifle shooting, archery, badminton, tennis and much more **May, June and September (July+August on request)**

Type	Price in € p.p.	
suite	2490	<a href="#">view...</a>
penthouse suite	2690	<a href="#">view...</a>
2 bedroom suite	2290 (min. 4 pers.)	<a href="#">view...</a>

### **October – April**

Type	Price in € p.p.	
suite	2290	<a href="#">view...</a>
penthouse suite	2490	<a href="#">view...</a>
2 bedroom suite	2090 (min. 4 pers.)	<a href="#">view...</a>

**For further information or reservation:**